

Demographics and Training Questions***Injury Characteristics and Prevention with CrossFit Training***

Thank you for considering participation in the following survey. Your answers are valuable to our research study and will provide us with information regarding the characteristics and prevention of injuries during CrossFit training.

The survey will ask questions about the following categories: demographics, details regarding your exercise routine, and injury characteristics (if you have experienced an injury).

While the survey is brief (5-10 minutes) please be conscious of the potential discomforts that may be experienced while sitting at the computer such as eye fatigue, back or neck stiffness, etc. If you experience any of these problems, take a break from the computer to rest your eyes and stretch.

To assure complete anonymity, internet protocol addresses will not be collected with this survey and your participation is completely voluntary.

Informed Consent: in lieu of signing an informed consent document, your completion and submission of this survey will serve as your consent to participate in this research project. If you choose to decline participation, please choose “no” below and you will not be included in the results.

The UIndy IRB has reviewed and approved this research project. If you have questions regarding the integrity of this project please contact the UIndy IRB Coordinator, Greg Manship at: manshipg@uindy.edu or 317-781-5774 (office).

We thank you in advance for your willingness to complete this survey. Should you like a copy of the results of this survey, please email Emily Slaven, PT, PhD, MS, OCS, FAAOMPT, Cert. MDT at slavene@uindy.edu.

Regards,
Ryan Summitt, PT, DPT, CSCS
rysummitt@gmail.com

Do you wish to proceed?

- ☐ Yes
☐ No

How old are you?

- ☐ 18-25
☐ 26-30
☐ 31-35
☐ 36-40
☐ 41-45
☐

☐ 46-50

☐ 51-55

☐ 56 or older

What is your height? (in inches)

What is your weight? (in pounds)

Do you train at a CrossFit gym?

☐ Yes

☐ No

Have you been doing CrossFit for 6 months or longer?

☐ Yes

☐ No

How long have you been doing CrossFit?

☐ 1 month or less

☐ 2-3 months

☐ 4-6 months

☐ 7-12 months

☐ 13-18 months

☐ 19-24 months

☐ 25-30 months

☐ 30 months or longer

Prior to starting CrossFit; On average, how many hours would you spend working out in one week?

☐ 1

☐

- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10
- ☐ 11
- ☐ 12
- ☐ 13
- ☐ 14
- ☐ 15
- ☐ 16
- ☐ 17
- ☐ 18
- ☐ 19
- ☐ 20
- ☐ 21
- ☐ 22
- ☐ 23
- ☐ 24
- ☐ 25
- ☐ 26
- ☐ 27
- ☐ 28
- ☐ 29
- ☐ 30
- ☐ greater than 30

Currently: On average; how many hours do you spend performing CrossFit workouts in one week? (For this study: warm-up time and skill/strength work is included in time calculation. For example: A one hour CrossFit Class=1 hour of CrossFit workouts...even though the 'WOD' may only be 8 minutes long)

- ☐ 1
- ☐ 2
- ☐ 3
- ☐

- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10
- ☐ 11
- ☐ 12
- ☐ 13
- ☐ 14
- ☐ 15
- ☐ 16
- ☐ 17
- ☐ 18
- ☐ 19
- ☐ 20
- ☐ 21
- ☐ 22
- ☐ 23
- ☐ 24
- ☐ 25
- ☐ 26
- ☐ 27
- ☐ 28
- ☐ 29
- ☐ 30
- ☐ greater than 30

On average, how many rest days do you take per week? (For the purpose of this survey; a “rest day” is a day where you refrain from any exercise in a gym or running/swimming/biking outside of the gym) An “active recovery” day does not count as a rest day for this survey.

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐

What is your maximum overhead squat? (in pounds)

- ☐ over 400
- ☐ 351-400
- ☐ 301-350
- ☐ 251-300
- ☐ 201-250
- ☐ 151-200
- ☐ 101-150
- ☐ 51-100
- ☐ 0-50

What is your maximum snatch (power or squat snatch)? (in pounds)

- ☐ over 350
- ☐ 301-350
- ☐ 251-300
- ☐ 201-250
- ☐ 151-200
- ☐ 101-150
- ☐ 51-100
- ☐ 0-50

Is your one repetition max overhead squat heavier than your one rep max snatch?

- ☐ Yes
- ☐ No
- ☐ I don't know

What is your maximum strict press (without using knee bend or any lower body movement)? (in pounds)

- ☐ over 250
- ☐ 226-250
- ☐ 201-225
- ☐ 176-200

- ☐ 151-175
- ☐ 126-150
- ☐ 101-125
- ☐ 76-100
- ☐ 51-75
- ☐ 26-50
- ☐ 0-25

a. What is the maximum number of STRICT pull-ups that you can complete (no band, no kipping, without coming off the bar, full lockout at bottom, and chin over the bar at the top)?

- ☐ over 35
- ☐ 31-35
- ☐ 26-30
- ☐ 21-25
- ☐ 16-20
- ☐ 11-15
- ☐ 6-10
- ☐ 1-5
- ☐ 0
- ☐ I don't know

a. What is the maximum number of STRICT hand-stand pushups that you can complete (down to an ab-mat on the floor without using a leg kick or kip to assist the movement)?

- ☐ over 45
- ☐ 41-45
- ☐ 36-40
- ☐ 31-35
- ☐ 26-30
- ☐ 21-25
- ☐ 16-20
- ☐ 11-15
- ☐ 6-10
- ☐ 1-5
- ☐ 0
- ☐ I don't know

If a 'WOD' has pull-ups in it and does not specify that you are required to perform strict pull-ups, which pull-up variation do you use most frequently?

- ☐ Kipping pull-up
- ☐ Butterfly pull-up
- ☐ Strict pull-up
- ☐ Band-assisted pull-up
- ☐ Ring row or another pull-up modification
- ☐ Other

Do the trainers at your gym require that you have the ability to perform a strict pull-up prior to attempting a kipping/butterfly pull-up?

- ☐ Yes
- ☐ No
- ☐ I don't know

Does your gym require a training period for beginners? (i.e. on-ramp or fundamentals program)

- ☐ Yes
- ☐ No
- ☐ I don't know

Does your gym provide a separate "beginner's class" which has different programming than the normal "CrossFit Class?"

- ☐ Yes
- ☐ No
- ☐ I don't know

Do you primarily take the "beginner's class" when attending the gym?

- ☐ Yes
- ☐ No

Have you taken a class where your gym taught kipping form as used in CrossFit gymnastics movements?

- ☐ Yes

- ☐ No
- ☐ I don't know

Does your gym provide an out of class pull-up program?

- ☐ Yes
- ☐ No
- ☐ I don't know

Have you used the pull-up program to improve your ability to perform pull-ups?

- ☐ Yes
- ☐ No

Does your gym have a Cross-Over Symmetry system available to members?

- ☐ Yes
- ☐ No
- ☐ I don't know

Do you use the Cross-Over Symmetry system?

- ☐ Yes
- ☐ No

On average, how many minutes per class does your gym spend teaching form, technique, or skill?

- ☐ 0
- ☐ 5
- ☐ 10
- ☐ 15
- ☐ 20
- ☐ 25
- ☐ 30
- ☐ 35
- ☐ 40
- ☐ I don't know

Do you feel as if the time allotted to teaching form, technique, or skill is adequate to perform the exercises with proper form?

- ☐ Yes, the time we spend is adequate
- ☐ No, I wish we would spend more time
- ☐ No, I wish we would spend less time

a. On average, how many minutes per class does your gym spend on the warm-up, mobility, or stretching prior to the workout of the day?

- ☐ 0
- ☐ 5
- ☐ 10
- ☐ 15
- ☐ 20
- ☐ 25
- ☐ 30
- ☐ I don't know

a. Do you feel as if the time allotted to stretching and mobility prior to the workout of the day is adequate?

- ☐ Yes, the time we spend is adequate
- ☐ No, I wish we would spend more time
- ☐ No, I wish we would spend less time

a. On average, how many minutes per class does your gym spend on a 'cool-down', mobility, or stretching after the workout of the day?

- ☐ 0
- ☐ 5
- ☐ 10
- ☐ 15
- ☐ 20
- ☐ 25
- ☐ 30
- ☐ I don't know

Do you feel as if the time allotted to a 'cool-down', mobility, and stretching after the workout of the day is adequate?

- ☐ Yes, the time we spend is adequate
- ☐ No, I wish we would spend more time
- ☐ No, I wish we would spend less time

Do you feel as if the stretching and mobility completed during the class typically relates to movements that are in the workout of the day?

- ☐ Yes
- ☐ No
- ☐ I don't know

For the purposes of this study; Injury is defined as any incident which has caused you to meet one or more of the following criteria:

- Abstain completely from CrossFit and physical activity for more than one week.**
- Modify workouts for more than two weeks.**
- Seek help from a medical professional.**

Have you sustained a shoulder injury in the past 6 months during a CrossFit workout that caused you to meet any of the above criteria?

- ☐ Yes
- ☐ No

How many shoulder injuries have you sustained in the past 6 months according to the above criteria?

- ☐ 1
- ☐ 2
- ☐ 3

Injury 1

The below questions are in regards to your shoulder injury (or 1st shoulder injury if you have experienced more than one).

How many of the three above criteria did you meet (select all that apply)

- ☐ Abstain completely from CrossFit and physical activity for more than one week
- ☐ Modify workouts for more than two weeks
- ☐ Seek help from a medical professional

Did this injury seem to be an exacerbation of or similar to a previous injury sustained prior to starting CrossFit training OR prior to the last 6 months?

- ☐ Yes
- ☐ No

Did this injury require surgery?

- ☐ Yes
- ☐ No

Did this injury occur during a competition?

- ☐ Yes
- ☐ No

What was the diagnosis of the injury? (select all that apply)

- ☐ AC joint arthritis
- ☐ AC joint fracture/separation
- ☐ Rotator Cuff tear: full
- ☐ Rotator Cuff tear: partial
- ☐ Rotator Cuff tendonitis
- ☐ Labral Tear
- ☐ Biceps Tear
- ☐ Biceps Tendonitis
- ☐ Dislocation
- ☐ Subluxation
- ☐ Shoulder Impingement
- ☐ General Tendonitis
- ☐ General inflammation and pain
- ☐ Joint Overuse
- ☐ Sprain/strain

- ☐ Other/Unspecified pain
- ☐ I don't know

Who made this diagnosis? (select all that apply)

- ☐ Yourself
- ☐ Coach
- ☐ ER/Urgent Care
- ☐ Sports Medicine Physician
- ☐ Physical Therapist
- ☐ Primary Care Physician
- ☐ Chiropractor
- ☐ Nurse
- ☐ Other

Did any of the following exercises seem to be the primary cause of your injury? (select all that apply)

- ☐ Push-up
- ☐ Hand-stand hold
- ☐ Hand-stand push-up
- ☐ Hand-stand walk
- ☐ Strict pull-up
- ☐ Kipping pull-up
- ☐ Butterfly pull-up
- ☐ Toes-to-bar
- ☐ Toes-to-rings
- ☐ Knees-to-elbow
- ☐ Kipping toes-to-bar
- ☐ Kipping knees-to-elbow
- ☐ Ring muscle-up
- ☐ Bar muscle-up
- ☐ Ring dips
- ☐ Straight bar dips
- ☐ Bench Press
- ☐ Snatch (any variation of a snatch; dumbbell/kettle bell/or barbell. This also includes snatch balance)
- ☐ Overhead Press/Jerk (Any variation of a movement which involved the movement of a weight from your shoulders to overhead)
- ☐ I do not know what caused my injury

Did any of the following exercises seem to contribute to your injury/make it worse? (select all that apply)

- ☐ Push-up
- ☐ Hand-stand hold
- ☐ Hand-stand push-up
- ☐ Hand-stand walk
- ☐ Strict pull-up
- ☐ Kipping pull-up
- ☐ Butterfly pull-up
- ☐ Toes-to-bar
- ☐ Toes-to-rings
- ☐ Knees-to-elbow
- ☐ Kipping toes-to-bar
- ☐ Kipping knees-to-elbow
- ☐ Ring muscle-up
- ☐ Bar muscle-up
- ☐ Ring dips
- ☐ Straight bar dips
- ☐ Bench Press
- ☐ Snatch (any variation of a snatch; dumbbell/kettle bell/or barbell. This also includes snatch balance)
- ☐ Overhead Press/Jerk (Any variation of a movement which involved the movement of a weight from your shoulders to overhead)
- ☐ I do not know what caused my injury

In what context did the injury occur?

- ☐ Heavy 1RM, 3RM, or 5RM (RM=repitation maximum)
- ☐ during a WOD with heavier weight
- ☐ during a WOD with light weight/or primarily body weight movements
- ☐ Practicing a movement outside of a workout or during a warmup

What do you think caused the injury?

- ☐ Improper form
- ☐ Too heavy of a weight
- ☐ Fatigue
- ☐ Lack of guidance
- ☐ Exacerbation of previous injury
- ☐ I don't know

Was this injury similar to a previous injury that you sustained prior to starting CrossFit?

- ☐ Yes
- ☐ No

Did you have to abstain from/reduce training due to this injury?

- ☐ Yes
- ☐ No

How long did you have to abstain from/reduce training?

- ☐ Less than a week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 1-2 months
- ☐ 3-6 months

Did you have to scale your workouts more than normal due to this injury?

- ☐ Yes
- ☐ No

How long did you have to scale your workouts due to this injury?

- ☐ Less than a week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 1-2 months
- ☐ 3-6 months

Injury 2

The below questions are in regards to your 2nd shoulder injury.

How many of the three above criteria did you meet (select all that apply)

- ☐ Abstain completely from CrossFit and physical activity for more than one week
- ☐ Modify workouts for more than two weeks
- ☐ Seek help from a medical professional

Did this injury seem to be an exacerbation of or similar to a previous injury sustained prior to starting CrossFit training OR prior to the last 6 months?

- ☐ Yes
- ☐ No

Did this injury seem to be a re-aggravation of your previously described injury?

- ☐ Yes
- ☐ No

Did this injury require surgery?

- ☐ Yes
- ☐ No

Did this injury occur during a competition?

- ☐ Yes
- ☐ No

What was the diagnosis of the injury? (select all that apply)

- ☐ AC joint arthritis
- ☐ AC joint fracture/separation
- ☐ Rotator Cuff tear: full
- ☐ Rotator Cuff tear: partial
- ☐ Rotator Cuff tendonitis
- ☐ Labral Tear
- ☐ Biceps Tear
- ☐ Biceps Tendonitis
- ☐ Dislocation

- ☐ Subluxation
- ☐ Shoulder Impingement
- ☐ General Tendonitis
- ☐ General inflammation and pain
- ☐ Joint Overuse
- ☐ Sprain/strain
- ☐ Other/Unspecified pain
- ☐ I don't know

Who made this diagnosis? (select all that apply)

- ☐ Yourself
- ☐ Coach
- ☐ ER/Urgent Care
- ☐ Sports Medicine Physician
- ☐ Physical Therapist
- ☐ Primary Care Physician
- ☐ Chiropractor
- ☐ Nurse
- ☐ Other

Did any of the following exercises seem to be the primary cause of your injury? (select all that apply)

- ☐ Push-up
- ☐ Hand-stand hold
- ☐ Hand-stand push-up
- ☐ Hand-stand walk
- ☐ Strict pull-up
- ☐ Kipping pull-up
- ☐ Butterfly pull-up
- ☐ Toes-to-bar
- ☐ Toes-to-rings
- ☐ Knees-to-elbow
- ☐ Kipping toes-to-bar
- ☐ Kipping knees-to-elbow
- ☐ Ring muscle-up
- ☐ Bar muscle-up
- ☐ Ring dips
- ☐ Straight bar dips

- ☐ Bench Press
- ☐ Snatch (any variation of a snatch; dumbbell/kettle bell/or barbell. This also includes snatch balance)
- ☐ Overhead Press/Jerk (Any variation of a movement which involved the movement of a weight from your shoulders to overhead)
- ☐ I do not know what caused my injury

Did any of the following exercises seem to contribute to your injury/make it worse? (select all that apply)

- ☐ Push-up
- ☐ Hand-stand hold
- ☐ Hand-stand push-up
- ☐ Hand-stand walk
- ☐ Strict pull-up
- ☐ Kipping pull-up
- ☐ Butterfly pull-up
- ☐ Toes-to-bar
- ☐ Toes-to-rings
- ☐ Knees-to-elbow
- ☐ Kipping toes-to-bar
- ☐ Kipping knees-to-elbow
- ☐ Ring muscle-up
- ☐ Bar muscle-up
- ☐ Ring dips
- ☐ Straight bar dips
- ☐ Bench Press
- ☐ Snatch (any variation of a snatch; dumbbell/kettle bell/or barbell. This also includes snatch balance)
- ☐ Overhead Press/Jerk (Any variation of a movement which involved the movement of a weight from your shoulders to overhead)
- ☐ I do not know what caused my injury

In what context did the injury occur?

- ☐ Heavy 1RM, 3RM, or 5RM (RM=repitation maximum)
- ☐ during a WOD with heavier weight
- ☐ during a WOD with light weight/or primarily body weight movements
- ☐ Practicing a movement outside of a workout or during a warmup

What do you think caused the injury?

- ☐ Improper form
- ☐ Too heavy of a weight
- ☐ Fatigue
- ☐ Lack of guidance
- ☐ Exacerbation of previous injury
- ☐ I don't know

Was this injury similar to a previous injury that you sustained prior to starting CrossFit?

- ☐ Yes
- ☐ No

Did you have to abstain from/reduce training due to this injury?

- ☐ Yes
- ☐ No

How long did you have to abstain from/reduce training?

- ☐ Less than a week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 1-2 months
- ☐ 3-6 months

Did you have to scale your workouts more than normal due to this injury?

- ☐ Yes
- ☐ No

How long did you have to scale your workouts due to this injury?

- ☐ Less than a week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 1-2 months
- ☐ 3-6 months

Injury 3

The below questions are in regards to your 3rd shoulder injury.

How many of the three above criteria did you meet (select all that apply)

- ☐ Abstain completely from CrossFit and physical activity for more than one week
- ☐ Modify workouts for more than two weeks
- ☐ Seek help from a medical professional

Did this injury seem to be an exacerbation of or similar to a previous injury sustained prior to starting CrossFit training OR prior to the last 6 months?

- ☐ Yes
- ☐ No

Did this injury seem to be a re-aggravation of a previously described injury?

- ☐ Yes
- ☐ No

Did this injury require surgery?

- ☐ Yes
- ☐ No

Did this injury occur during a competition?

- ☐ Yes
- ☐ No

What was the diagnosis of the injury? (select all that apply)

- ☐ AC joint arthritis
- ☐ AC joint fracture/separation

- ☐ Rotator Cuff tear: full
- ☐ Rotator Cuff tear: partial
- ☐ Rotator Cuff tendonitis
- ☐ Labral Tear
- ☐ Biceps Tear
- ☐ Biceps Tendonitis
- ☐ Dislocation
- ☐ Subluxation
- ☐ Shoulder Impingement
- ☐ General Tendonitis
- ☐ General inflammation and pain
- ☐ Joint Overuse
- ☐ Sprain/strain
- ☐ Other/Unspecified pain
- ☐ I don't know

Who made this diagnosis? (select all that apply)

- ☐ Yourself
- ☐ Coach
- ☐ ER/Urgent Care
- ☐ Sports Medicine Physician
- ☐ Physical Therapist
- ☐ Primary Care Physician
- ☐ Chiropractor
- ☐ Nurse
- ☐ Other

Did any of the following exercises seem to be the primary cause of your injury? (select all that apply)

- ☐ Push-up
- ☐ Hand-stand hold
- ☐ Hand-stand push-up
- ☐ Hand-stand walk
- ☐ Strict pull-up
- ☐ Kipping pull-up
- ☐ Butterfly pull-up
- ☐ Toes-to-bar
- ☐ Toes-to-rings

- ☐ Knees-to-elbow
- ☐ Kipping toes-to-bar
- ☐ Kipping knees-to-elbow
- ☐ Ring muscle-up
- ☐ Bar muscle-up
- ☐ Ring dips
- ☐ Straight bar dips
- ☐ Bench Press
- ☐ Snatch (any variation of a snatch; dumbbell/kettle bell/or barbell. This also includes snatch balance)
- ☐ Overhead Press/Jerk (Any variation of a movement which involved the movement of a weight from your shoulders to overhead)
- ☐ I do not know what caused my injury

Did any of the following exercises seem to contribute to your injury/make it worse? (select all that apply)

- ☐ Push-up
- ☐ Hand-stand hold
- ☐ Hand-stand push-up
- ☐ Hand-stand walk
- ☐ Strict pull-up
- ☐ Kipping pull-up
- ☐ Butterfly pull-up
- ☐ Toes-to-bar
- ☐ Toes-to-rings
- ☐ Knees-to-elbow
- ☐ Kipping toes-to-bar
- ☐ Kipping knees-to-elbow
- ☐ Ring muscle-up
- ☐ Bar muscle-up
- ☐ Ring dips
- ☐ Straight bar dips
- ☐ Bench Press
- ☐ Snatch (any variation of a snatch; dumbbell/kettle bell/or barbell. This also includes snatch balance)
- ☐ Overhead Press/Jerk (Any variation of a movement which involved the movement of a weight from your shoulders to overhead)
- ☐ I do not know what caused my injury

In what context did the injury occur?

- ☐ Heavy 1RM, 3RM, or 5RM (RM=repetition maximum)
- ☐ during a WOD with heavier weight
- ☐ during a WOD with light weight/or primarily body weight movements
- ☐ Practicing a movement outside of a workout or during a warmup

What do you think caused the injury?

- ☐ Improper form
- ☐ Too heavy of a weight
- ☐ Fatigue
- ☐ Lack of guidance
- ☐ Exacerbation of previous injury
- ☐ I don't know

Was this injury similar to a previous injury that you sustained prior to starting CrossFit?

- ☐ Yes
- ☐ No

Did you have to abstain from/reduce training due to this injury?

- ☐ Yes
- ☐ No

How long did you have to abstain from/reduce training?

- ☐ Less than a week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 1-2 months
- ☐ 3-6 months

Did you have to scale your workouts more than normal due to this injury?

- ☐ Yes
- ☐ No

How long did you have to scale your workouts due to this injury?

- ☐ Less than a week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 1-2 months
- ☐ 3-6 months